



# NABBA Wellington

## Putting athletes first!



### Welcome

9 weeks to go until we kick hit the stage at The Protein Bakery Wellington Regional Bodybuilding Show on Saturday 10 October 2009.

This week we take a look at:

- Your chance to win - Eat Me 100% Isolate
- Finding your way to the show
- The Women's Shape Class
- A new Protein Cookie
- Bodybuilding photographer Keith Jolly
- The world of eggs
- Videos from around the world
- Pancakes with a difference



### Competition - Win Eat Me 100% Isolate

Local company Eat Me make awesome whey protein powder and sell directly to the public at fantastic prices. Eat Me supports all NABBA athletes with an excellent discount when you buy online.

This week we have a 1kg eco-pack of Eat Me 100% Isolate to give away. If you have started your serious cutting phase, this low sodium whey protein isolate is perfect to help you look your best come show day!

Here's how to win. [Simply email us here](#), and tell us the sale price for 3kg of Eat Me Naughty Natural 100% Isolate along with your name and day time delivery address, before the end of August.

Click here to enter. Browse to the [Eat Me website](#) for free samples and prices.





## Finding your way to the show

The Lower Hutt Town Hall can be found at 30 Laings Road in central Hutt City.

Hutt City is 15 minutes north of Wellington. It is the second largest city in the Wellington region.

Hutt City is made up of Lower Hutt suburbs and CBD, Petone and Eastbourne on the harbour and the wilderness of Wainuiomata's Rimutaka Forest Park and access to Pencarrow Head. The diverse geography of harbour, river, plains and mountain landscapes gives Hutt City unique appeal. This unique appeal extends further to include shopping, cafés, restaurants, arts and cultural experiences on offer.



## The New Dowse

The New Dowse Art Museum is a popular local tourist attraction and located in the same street as the Town Hall.

Watch out for the New Dowse signs as you drive and walk and you can't get lost. The New Dowse also offers plenty of car parking, and a cafe.



## By car

20 minutes from central Wellington, and 15-20 minutes from Upper Hutt via State Highway 2. From Wellington, get off the highway at the Petone Interchange exit and keep following Old Hutt Rd until you go over the Ewen Bridge. Take the first exit at the roundabout off the bridge. At the next roundabout, take the second exit. At this point you are on Queens Dr. Turn left at the next set of traffic lights into Laings Road. The Town Hall is the big complex on your right.



### By bus

The Town Hall is a two minute walk from the Queensgate shopping centre bus stop. The orange Airport Flyer bus runs to and from central Wellington every 15 minutes, and the 81 and 83 buses run less frequently. Hutt valley travelers - four of you can travel here and back all day on the Group Daytripper ticket for \$15. See the [Metlink website](#) for more details.



### By train

Melling and Waterloo stations in Lower Hutt are a short walk from The Town Hall. See [Metlink](#) for timetable and fare information, or call them on 0800 801 700.



### Coffee

[Cafe Reka](#) at the New Dowse Art Museum is a short 30 second walk from the Town Hall. The cafe caters for a broad range of diners wanting to get a caffeine injection, a mountainous gluten-free meal, or a late night tippie. Cafe Reka has a [modern menu](#) that specialises in contemporary New Zealand cuisine with a sprinkling of spicy Asian classics and colourful Mediterranean dishes. Opens at 9am and closes late on Saturday.



### Shopping

The [Westfield Queensgate Shopping](#) Centre on the corner of Queens Drive and Bunny Street boasts over 140 shops and a food court. It's an easy 5 minute walk.

### Fresh air

The Town Hall complex is nestled into the Riddiford Gardens, providing delightful walks under pergolas, over quaint bridges that criss-cross Opahu Stream, and through rose and flower gardens - perfect for those competition day photos!

## Women's Shape Class

This week we take a look at the Women's Shape Class. Here is how the women's classes rank in order of body fat percentage, tone and muscular development:

- Fitness-Model (See Week 12 Newsletter)
- Shape
- Figure
- Physique



### What are the judges looking for?

Athletes in the Shape Class should demonstrate good symmetry and athletic tone. Feminine aspects of presentation, deportment and preparation are important. The Shape Class athletes pictured on the left display only slight muscle definition and there should be no vascularity visible. Vascularity, in bodybuilding, is the condition of having prominent, visible veins.



### What should I wear?

You need a posing bikini. Jewellery, accessories, shoes and props are optional. If you use props, ensure they do not to cover your body.

### What do I do on stage?

The judges rank your performance in each of three rounds in this competition.

### Round 1: Symmetry

When your name is called, you walk on stage and join the athlete line up. You will then be called to go through the symmetry poses.



### Round 2: Required Poses

While standing in the athlete line up, a judge will call out a series of poses. Move your body into the pose and hold that position until the next pose is called. Here are the poses...

1. Front Stance two arms up (90° Extension)
2. Side Stance one arm up
3. Rear Stance 2 arms up
4. Side Stance 1 arm up
5. Front Stance 2 arms down  
(Arm extension 90° , Leg Position optional)

### Round 3: Individual Routine

Your one minute routine should be choreographed around the standard Shape poses and present an artistic routine showing originality.

Contact your local NABBA rep if you have any questions!



### New Protein Cookie

Have you tried the new [Raspberry 'n' White Choc Protein Cookie](#) from our show sponsor - The Protein Bakery?

15 grams of protein and light on carbs makes it a popular choice with bodybuilders all over the country!

And even better - you can now order your cookies online directly from the Protein Bakery website.



### Interview Keith Jolly [muscleimaging.com](#)

This week we put legendary bodybuilding photographer Keith Jolly from Muscleimaging.com in our spotlight!

How many years have you been photographing bodybuilding shows?

I started in 1997, 12 years ago. Videos came a year later. One of my first videos was the 1998 inaugural INBA Natural Olympia held in Korinthos, Greece. There was a New Zealand team of about ten from memory.



### Why bodybuilding? What's your interest?

I began with little interest in bodybuilding but needed something to do after retiring from my day job (33 years as a recording engineer with the NZBS/NZBC/Radio Network) and was always a keen photographer.

A friend asked me to photograph his progress in the gym, and whilst doing that (at the Panmure Leisure Centre) I was asked by another gym member if physique photography was what I did. I answered that this was my first physique photo shoot. He mentioned that there was a local bodybuilding competition happening in two weeks in Panmure and he was sure the competitors would like some good photos.....the rest as they say is history!

### What's your most memorable show over the years?

Possibly the IFBB 2007 World Juniors & Masters in Budapest Hungary. There were some truly awesome physiques in both men's and women's classes.

### And the best competitor?

Stan 'Da Man' Tautalanoa! He just keeps getting better.

### What do I do if I want some photos?

If you want on stage photos from your competition, you need to order before the competition. These are \$45 for a minimum of 10 (usually 15 or more) quality colour photos including individual shots and line ups of the compulsory poses, comparisons, routines and presentations. There is a complete refund if you are not completely satisfied.

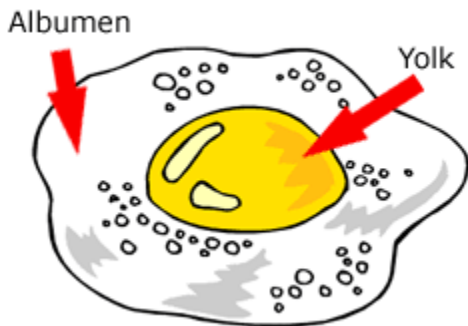
You can also order the complete show on DVD for \$55.





## Eggs

The egg is a nutrient-dense food, containing high quality protein and a wide range of essential vitamins, minerals and trace elements. Eggs are an excellent source of protein. Egg protein is of high biological value as it contains all the essential amino acids needed by the human body. Eggs therefore complement other food proteins of lower biological value by providing the amino acids that are in short supply in those foods. 12.5% of the weight of the egg is protein and it is found in both the yolk and the albumen (egg white). Although protein is more concentrated around the yolk, there is in fact more protein in the albumen.



Eggs contain most of the recognised vitamins with the exception of vitamin C. The egg is a source of all the B vitamins. It is a particularly rich source of vitamins B12 and B2 (riboflavin) and a useful source of folate. The egg is also a good source of the fat-soluble vitamins A and D and provides some vitamin E.

11.2% of the egg content is fat. The fat of an egg is found almost entirely in the yolk; there is less than 0.05% in the albumen. Approximately 17% of an egg's fatty acids are polyunsaturated, 44% monounsaturated and only 32% saturated.



## Videos from around the world

Wellingtonians naturally love to keep up with that is happening around the world and what better way to do that than checking out some video highlights from the ladies in action at the [2008 NABBA Universe Competition](#).



## Pancakes with a difference

Tired of eating plain old egg whites?

Try this protein packed alternative to a pancake.

### Ingredients:

6-8 eggs whites

1-2 yolks (depending on where you are at diet wise)

1/4-1/2 cup oats

Mix all the ingredients together and cook like a big pancake or mini pancakes in a hot non stick pan. Top with a bit of cinnamon and honey, or go creative with a few mixed berries.



## Contact us

The Wellington committee welcomes any active members that are passionate about the sport, and we always welcome new ideas. Please feel free to contact either Neville or Maeve if you would like to be involved.

Maeve Agnew

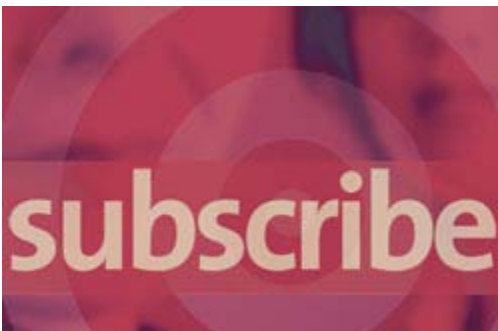
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## Mailing list

Keep up to date with all the Wellington NABBA news, discounts and action as we move closer to the Wellington Regional Champs and the New Zealand National Champs.

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